

# men talk

tcmc 

in our 37th year  
of public service

twin cities men's center

Aug/Sep 2013  
Volume 37 #4

## *Can Agnostics and Atheists Use the A.A. Program?*

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In the A.A. Big Book there is much to criticize in “We Agnostics,” the fourth chapter that purports to cater to unreligious people and nonbelievers in a higher power. A sharp difference exists between the terms “agnostic” and “atheist,” one which is never explained anywhere in the chapter — the writer uses the terms interchangeably when in fact the former describes an uncertainty in and a reluctance to label or define a higher power, while the latter describes a total lack of faith in the existence of a higher power. Even worse, the end of the chapter details the account of an atheist who has an epiphany and comes to believe in not only a higher power, but in God Himself.

The avowed atheist, then, is left out of the loop, making A.A. an unworkable program for his alcoholism. The agnostic of course has only to convert his lack of doubt in the possibility of a higher power into a belief in God in order for A.A. to gel. This makes the chapter a persuasive, argumentative essay—the alcoholic must accept God if he is to remain sober. The agnostic need only transform his uncertainty about a higher power into a belief in God in order to succeed. Yet nowhere is there a place for a nonbeliever in A.A.; belief in God is essential because the program is a “spiritual” one that relies heavily on God as a savior.

To its credit, the chapter does illustrate at least one interesting point that directly pertains to the ability to believe in a higher power. That a steel girder is actually a mass of rapidly moving atoms proves that there’s more to life than we as humans can see. The commonplace girder doubles as a symbol for God—the steel’s nebulous complexity is invisible to the human eye. The writer of the chapter seems to ask: Who can argue with logic? Mysticism, though, remains a key factor in any conversion to become “spiritual” and therefore negates the semblance of rationality in this seemingly scientific proof in God.

This poses the question of whether or not agnostics (who accept the possibility of a power greater than humanity) and atheists (who believe only in themselves) can use the A.A. program. The answer is no because belief in God is essential to benefitting from the 12 steps and winning the battle against alcohol through A.A. Though some people in the program insist that a higher power can be anything (such as a doorknob or a

pet, or A.A. as a group), the text of the Big Book clearly states that the power must be greater than that of a human being. This, then, negates the whole idea of the chapter, which is designed to incorporate the atheist or agnostic when in fact a conversion to a spiritual belief in God is the expected result

*James Beach is contributing writer to Men Talk.*

### **AA Alternatives**

**IF YOU ARE SEARCHING FOR ALTERNATIVES TO TRADITIONAL 12-STEP GROUPS, THE TWIN CITIES MEN'S CENTER OFFERS TWO CHOICES:**

**ADDICTION BUSTERS! SUPPORT GROUP  
OPEN TO MEN AND WOMEN  
TUESDAYS, 7:30 - 9:30 PM**

STRUGGLING WITH CHEMICAL OR BEHAVIORAL ADDICTION? AA NOT HELPING YOU? FRUSTRATED WITH TWELVE-STEP PROGRAMS? DON'T LIKE FEELING POWERLESS? WANT TO BUST YOUR ADDICTION RATHER THAN BEING BUSTED FOR YOUR ADDICTION? WOULD YOU LIKE TO TALK ABOUT RATIONAL RECOVERY, SMART RECOVERY, THE WORKS OF STANTON PEELE, ANN FLETCHER, JAMES PROCHASKA AND OTHERS IN A SUPPORTIVE, CONFIDENTIAL, COMFORTABLE ATMOSPHERE? COME TO ADDICTION BUSTERS SUPPORT GROUP AND DISCUSS ALTERNATIVE, COGNITIVE APPROACHES THAT MAY HELP YOU BATTLE YOUR ADDICTION IN NEW AND DIFFERENT WAYS! THIS IS A MIXED, OPEN GROUP; BOTH MEN AND WOMEN ARE WELCOME!

**ATHEIST / AGNOSTIC AA GROUP  
OPEN TO MEN AND WOMEN  
SUNDAYS 6-7 PM, WEDNESDAYS 7-8 PM**

THIS GROUP OF AA ATTEMPTS TO MAINTAIN A TRADITION OF FREE EXPRESSION, CONDUCTING A MEETING WHERE ALCOHOLICS MAY FEEL FREE TO EXPRESS ANY DOUBTS OR DISBELIEFS THEY MAY HAVE AND TO SHARE THEIR OWN PERSONAL FORM OF SPIRITUAL EXPERIENCE, THEIR SEARCH FOR IT, OR THEIR REJECTION OF IT. WE DO NOT ENDORSE OR OPPOSE ANY FORM OF RELIGION OR ATHEISM. OUR ONLY GOAL IS TO ASSURE SUFFERING ALCOHOLICS THAT THEY CAN FIND SOBRIETY IN AA WITHOUT HAVING TO ACCEPT ANYONE ELSE'S BELIEFS OR HAVING TO DENY THEIR OWN.

## Library Corner

— JIM HEANEY, LIBRARIAN



### Book of The Month:

The library is proud to have another new book written by Robert Anderson on our shelves. Bob is a long time member of the Twin Cities Men's Center. He is a past winner of the Loft-McKnight creative non-fiction competition and a former S.A.S.E./Jerome Foundation fellow. In 2001 and 2006 he was awarded prizes for essays on blindness by Very Special Arts Minnesota, and in 2003 he was named a winner of the Writers Rising Up essay competition.

Poems and essays of Robert's have appeared in *Evergreen Chronicles*, *Kumquat Meringue*, *ArtWork Quarterly*, *Blue Skunk Companion*, *View from the Loft*. Two essays from our own *Men Talk* were selected for reprinting in the *Journal of Humanistic Psychology*. We also have copies of *Testament of Denial*, *Notes from the Gay Married Underground* and *Out Of Denial: Piecing Together a Fractured Live*, 2008.

## Address Change Notifications

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)  
**Staff:** Randy Genrich - Office Mgr, Bryan Winstrom - Office Asst, John Hesch - Anger Mgmt Coord.

**Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan, Steve Magnerto, Robert Walker, Tony Voelker

**Editor:** Bill Dobbs

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## Greetings from the Chair

Psychologists say there are 7 basic human emotions: love, fear, anger, grief, anxiety, surprise, and trust, and many dozens of more detailed emotions like hopeful, playful, sympathy, and panic. For nearly two decades now, TCMC has offered an Anger Management class that has helped thousands of men to deal with just one of these emotions in a healthy way. But why don't we also offer Joy Management or Grief Management classes? What is it about men and anger that needs special attention?

As I've written about before in this column, society is generally not helpful in modelling healthy emotional behaviors for men in our culture. A wide range of emotions, most emotions really, are somehow considered not "manly", and men who express emotions like fear, grief, and even love, are seen as showing weakness. Only anger is seen as a "safe" emotion, something that can be expressed without fear of seeming weak.

At a recent board meeting, an anger management task group was formed. The purpose of this task group is to expand the reach of our anger management classes by increasing enrollment. TCMC has the lowest-cost, and we think the best, anger management classes in the Twin Cities. We typically offer 5-8 classes per year, but we know there are tens of thousands of

men in the Twin Cities area who could benefit from attending the class. The goal of the task group will be to reach this largely untapped audience.

Attending the class can benefit you in a huge variety of ways, but you may be thinking, "I'm not having a problem with my anger, and I've never gotten in trouble because of it, is there any reason I should attend?" As anger management facilitator and TCMC board member Bill Baldwin likes to say, the class could really be titled "Life 101", because of the many life skills you will learn. There isn't room for me to even summarize the topics covered in the 100+ page anger management book that every student receives, written for us by St. Paul Licensed Psychologist Dave Decker, but suffice it to say that even men who are happy, well-adjusted, and having no problems with anger have attended the class and been surprised at the valuable skills they learned.

My call to action to you this month is this: consider signing up for an anger management class at TCMC. The quickest and easiest way to do this, or to get more info, is to contact our anger management coordinator John Hesch at (612) 229-3102. You'll be happy you did

**JOE SZURSEWSKI**  
**BOARD CHAIR**

## Announcements

The Men's Retirement group which usually meets on the 3rd Sundays will meet the 4th Sunday of September, the 22nd at the usual time of 5:30 p.m.. This group is for men who are thinking of retirement, or who have retired. It is an opportunity to share feelings with other men about the importance of work, and what happens when paid employment is no longer a part of a man's life.

— Norm Petrik, Facilitator

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

## Aug/Sep 2013

					<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
					<b>1</b>	<b>2</b>	<b>3</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
	<b>SUPPORT GROUPS</b> General/Div/Uncl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
<b>BRUNCH</b> 10:00 a.m. <b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Custody, Parenting, & Support 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Let It Go! Part 2 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	<b>LABOR DAY HOLIDAY</b>	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
	<b>SUPPORT GROUPS</b> General/Div/Uncl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
<b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Verbal Abuse Seminar 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncl 12:30 p.m.						
<b>29</b>	<b>30</b>						

**web site:** www.tcmc.org  
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1976 - In Our 37th Year - 2013  
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Call us  
about Anger  
Management  
Classes.

## PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to the wider community. This tradition has been part of the Men's Center offering since its founding 35 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are **Bill Baldwin, Joe Gangelhoff, Katherine Johnson, Mac McElroy, Andy Mickel, Bob Manson, and Rasheen Tillman, and Linda Wray.**

A small fee is collected at the door for each person attending:

Non-Members of TCMC – \$5.  
Regular Members (\$20 level) – \$3  
Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

*The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).*

## DESCRIPTIONS

### Family Law Clinic

Discussion Leader: Bob Manson  
When: Wed, Aug. 7, 7:00-9:00 pm

*Open to Men and Women*

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

*Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.*

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, Aug. 14, 7:00-9:00 pm

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

*ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.*

### Custody, Parenting Time, and Child Support: Navigating Minnesota Courts

Presenter: Joe Gangelhoff  
When: Wed, August 21, 7:00-9:00 pm  
*Open to Men and Women*

Nothing matters to parents more than their children. This presentation is intended to provide an overview of the legal steps for contested custody disputes for married and unmarried parents, establishing parenting time, and calculating child support. Recommendations will be given specifically to fathers about steps that can be taken to show a court that he is being the father his child needs.

*Joe Gangelhoff has a solo legal practice located in Eagan, Minnesota and has practiced family law since 2011. He lives in Minneapolis with his wife and two young boys. Joe can be reached at 612-321-9800 or [www.legaldelta.com](http://www.legaldelta.com).*

### Let It Go! Part 2

Presenter: Bill Baldwin  
When: Wed. Aug. 28, 7:00-9:00 pm  
*Open to Men and Women*

In Part one of this two part series we learned the core basics of letting go of unwanted emotions. If you were there, you'll learn some new ways to release. If you weren't there, no problem, you'll still learn ways to

let go of emotions in easy, effective ways, and we'll review the basics along the way. Come on, get happy!

*Bill Baldwin is a pastor serving two United Church of Christ congregations. Bill's passions are healing, spiritual growth, and whole-person health and well-being. Bill only teaches things he has had a positive track record with in his own life and seen great results. Bill is in his second year as a Men's Center board member.*

### Family Law Clinic

Discussion Leader: Linda Wray  
When: Wed, Sep. 4, 7:00-9:00 pm

*Open to Men and Women*

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

*Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.*

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, Sep. 11, 7:00-9:00 pm  
See Aug. 14 description.

### Choose to Inhabit Your Life!™

Presenter: Mac McElroy  
When: Wed, Sep. 18, 7:00-9:00 pm  
*Open to men and women*

You are not alone - In feeling that life happens to you, and responding is confusing! Join with others in a joyful exploration of our dilemmas and stuckness. Gain appreciation for the gift of aliveness – learn to show up, open up, and share your precious gifts. Your world awaits!

*Mac McElroy can help increase your conscious engagement with all aspects of life, for a fuller and deeper appreciation of one's aliveness and ability to choose. An MA in Applied Psychology, a deep adoption of Indigenous Spirituality, and numerous opportunities to reframe and transform his life makes Mac an effective Change Agent/ Manager. 612-201-9067*

## Verbal Abuse Seminar

Presenter: Katherine Johnson

When: Wed, Sep. 25, 7:00-9:00 pm

*Open to men and women*

If you've been told you're too sensitive, you have been verbally abused. We were all lied to when as children we were told, "sticks and stones can break your bones but words will never hurt you..." The truth is that words can be weapons which hurt, demean, belittle and degrade your inner sense of self. Verbal abuse creates mental pain and emotional anguish and the perpetrator rarely has any awareness about the intent or effect. Learn about the various types of VA, the effects, and some techniques for responding.

*Katherine Johnson is a Minnesota State Licensed Psychologist whose twenty year anniversary being in private practice will be the fall of 2013. During this time Katherine has helped hundreds of abused men and women find and use their voice to identify, name and protect themselves from this, the most insidious form of abuse.*

## Family Law Clinic

Discussion Leader: Rasheen Tillman

When: Wed, Oct. 2, 7:00-9:00 pm

*Open to Men and Women*

See Aug. 7 description

## Mankind Project Open Circle

Presenter: Andy Mickel

When: Wed, Oct. 9, 7:00-9:00 pm

See Aug. 14 description.

## SUPPORT GROUPS

*"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."*

*The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TCMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.*

### • Minneapolis Location

3249 Hennepin Ave. S. Suite 55

## General Men's Issues/ Divorce/Uncoupling

*Open to Men Only*

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

## Abuse Survivors

*Open to Men and Women*

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors Group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from victims into survivors.

- On Hold 7:30 - 9:30 pm

## Addiction Busters

*Open to Men and Women*

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless?

Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30 - 9:30 pm

## Gay Issues

*Open to Men Only*

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.) This is the Twin Cities longest running gay support group.

- Tuesdays 7:30 - 9:30 pm

## Transitions

*Open to Men and Women*

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

## Healthy Sexual Boundaries-EAST

*Open to Men Only*

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

### Location:

Project Pathfinder Group Room "B"  
Griggs-Midway Building (NE Entrance)  
3rd Floor, Suite N385

1821 University Ave. W.

St. Paul, MN 55104

- Wednesdays 5:30 - 7:30 pm

## Bisexual and Gay Issues

*Open to Men Only*

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

## Healthy Sexual Boundaries

*Open to Men Only*

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- Saturdays 10:00 am - 12:00 pm

## Men Facing Retirement Issues

*Open to Men Only*

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

# Here and There – Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM** (bring something to share/cook up): **August 18th at Daniel Heist's** 2925 Monterey Ave S, St. Louis Park, 55416; 952-926-6655. (on the west side of Lake Calhoun, off Lake St.). **Sept. 15th at Ken Lessley's** (8300 28th Ave. N., New Hope, MN 55427 (off of 169 north of 394; exit east on Medicine Lake Rd, north on Xylon to 28th, house on NW corner) 612-581-0164. 18 men attended Jim Lovestar's Father's Day brunch in June! - Andy Mickel, 2013-07-14.

"A quick note to tell you I renew my membership today to support the good work you men are doing in the Twin Cities area. I attended an even there many years ago... I've attached a flyer for an anger management group I conduct here in the Milwaukee area. I've done social work and psychotherapy for about 40 years. I'm also the author of **Live-Away Dads: Staying a part of your children's lives when they aren't a part of your home.** It's a good book to help dads stay connected to their kids after separation... by looking at themselves and not blaming anyone. Keep up the good work, men!" - Bill Klatte (LCSW), <bkklatte@ticon.net>, 414-534-1119. - 2013-05.

**Minnesota Fathers & Families Network (MFFN)** continues to offer workshops and information for families affected by incarceration. Incarceration separates many children from their fathers across Minnesota. A new resource kit is available to help the youngest of nearly 2.7 million children who have an incarcerated parent. To meet this need, Sesame Street recently launched its "Little Children, Big Challenges: Incarceration" Initiative, which includes multimedia, bilingual (English/Spanish) materials targeting young children (ages 3-8) of incarcerated parents, their families and caregivers, and the range of other professionals who touch these children. These FREE materials include:

A multimedia resource kit with a Sesame Street DVD, a Guide for Parents and Caregivers, and a Children's Storybook, available at <<http://www.sesamestreet.org/incarceration/>>

Sesame Street: Incarceration app for adults to use on tablets and phones, available on

Google Play, the App Store and the Amazon Appstore for Android on Kindle Fire. <<http://www.youtube.com/user/SesameStreetInCommunities>> featuring playlists of videos related to the initiative - Rebecca Shlafer (shlaf002@umn.edu or 612-625-9907). - 2013-07-09.

"**Like Father, Like Son** - Rifts in a father-son relationship can be hard to heal, but these men found a way," an article by Bill Ward in the Minneapolis Star Tribune Sunday edition, June 16th (Father's Day) which chronicled 3 pairs of fathers and sons who travelled different paths, but eventually found reconciliation despite instances of extreme life challenges.

<<http://www.startribune.com/lifestyle/relationship/211548211.html>> 2013-06-16.

The **next ManKind Project-Minnesota New Warrior Training Adventure** will be held **Fall 2013**. Cost is \$595, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with questions **612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2013-07-14.

The **Men's Studies Association (MSA)** is an interdisciplinary division of the National Organization for Men Against Sexism (NOMAS) that serves to link together a diverse group of scholars, students, teachers, practitioners, and others who study issues of men and masculinity. Our goal is to make significant contributions to the field of Men's Studies through a feminist-informed perspective. Join us in Detroit for our 25th meeting bringing together research and scholarship on current and topical issues of Men and Masculinities. Theme: **Forging Justice: Creating Safe, Equal and Accountable Communities** August 8, 2013, 9am-12pm, at Doubletree Fort Shelby in Detroit, Michigan.

FFI: Cristy S. Cardinal, Director of Prevention Education, HAVEN, PO Box 431045, Pontiac, MI 48343-1045; 248-

334-1284 x360 [www.haven-oakland.org](http://www.haven-oakland.org)  
National Organization for Men Against Sexism (NOMAS), 3500 E17th Ave, Denver, CO 80206, <[info@nomas.org](mailto:info@nomas.org)>, <<http://www.nomas.org/>> 2013-07-10.

**The 29th Annual Minnesota Men's Conference September 10-15, 2013** will invoke deep earth powers: through song, myth and fellowship. Theme: **Dark Talks with Screeching Pines: Why Men Listen to Nature's Voices.** Camp Miller, 89382 Cty Hwy 51, Sturgeon Lake, MN 55783, 218-372-3188.

When nature's voices are ignored and our own language flattens under plastic, technology, and absolutism, it's time for old stories to be heard again. Born of living rock, water, fire and breath, they blaze the language roads that emerge through authentic, masculine feeling. Men need this ancient art. Such work offers alternatives to cynicism and guffawing celebrities. We also need discriminating ears and the obsidian edges of discourse in order to hold meaningful conversations with one another—or with screeching trees, or deep water or divinity. In 1988 in Minnesota, tracker John Stokes warned, "What you don't talk with, you don't understand. What you don't understand, you fear. What you fear, you want to kill" Who heeds these words?

This year environmental philosopher, **David Abram**, will tilt our ears toward the spontaneous stories of the natural world. **Danny Deardorff** and **Martin Shaw** will beckon an old, Nart Saga tale from the Iranian Steppe and Caucasus region—a story that moves between fairy tale and Paleolithic imagery. **Miguel Rivera** will help us locate the upwelling in our own natures. **Tom Gambell** will activate a hidden language from men's bodies. **Doug Von Koss** will teach us to sing out to visible and invisible life, and **Thomas R. Smith**, **Jay Leeming** and **Timothy Young** will encourage men to access their individual voices through poetry. <<http://www.minnesotamensconference.com/>>

FFI: Craig Ungerman <[hiddenwine@earthlink.net](mailto:hiddenwine@earthlink.net)> 860-942-1658. - Mark Stanley, 2013-07-15.

## Twin Cities Men's Center

## ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:  
Enclosed please find \$\_\_\_\_\_  \$25 (Regular)  \$50 (Patron).
- I want to make an additional, tax-deductible gift of \$\_\_\_\_\_. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work/Other Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

#### Family Law Clinic

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

Where: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

When: Every 1st Wednesday from 7:00 to 9:00 PM  
Just come! No advance registration required!

#### Photojournalistic weddings



Joe Szurszewski Photography  
www.joesz.com/weddings  
612.508.7502

#### MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	3 1/2" x 2"	\$25

(612) 822-5892  
tcmc@tcmc.org

#### THANK YOU!

The Men's Center receives generous donations of baked goods from Wuollet's and Breadsmith Bakeries. You can find them at 25th and Hennepin

or 50th and France  
or online at:

www.wuollet.com  
www.breadsmith.com



READSMITH  
HAND MADE. HEARTH BAKED.™

#### UPTOWN AREA SPACE TO RENT

The Men's Center,  
3249 Hennepin Ave S

	Non-Profit	Profit event
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

**TMC Office Hours: M 11:30am-12:30pm, 2:30pm-4:00pm; Tu, Th, F 1:00pm-4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.**

*TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.*

*Check out our web site: [www.tcmc.org](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

The Men's Center  
3249 Hennepin Avenue South, Suite 55  
Minneapolis, MN 55408 USA

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**4**

## **Anger Management Program**

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

**Length of Class:** 12 consecutive weeks

**Number of Participants:** Limited to 12 men per class

**Cost:** \$235 for TCMC Members (\$250 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays. The next class will begin Monday, Aug 5.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

*18 Years of Successful Classes*

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